



Fort Sam Houston

News Leader[®]



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Fort Sam Houston — Home of Army Medicine

September 9, 2004

Briefs

Post commemorates Patriot Day and POW/MIA Day tomorrow

Tomorrow at 3:30 p.m. at the Main Post Chapel a bell will toll once for each of the 50 states and the six territories of the U.S. to begin the post commemoration. A retreat ceremony will follow the chapel service at the main post flagpole at 4:45 p.m.

Boss presents 'Showtime at the Apollo' tomorrow

Better Opportunities for Single Soldiers presents "Showtime at the Apollo" tomorrow at 7 p.m. at Blesse Auditorium.

HHD, 187th Med. Bn. Change of Command, Sept. 14

1st Lt. Rachel Atherton will relinquish command of Headquarters, Headquarters Detachment, 187th Medical Battalion, to 1st Lt. Albert Garcia at a ceremony Sept. 14 at 9 a.m., Blesse Auditorium, Willis Hall, Bldg. 2841.

AUSA Luncheon, Sept. 15

The AUSA Luncheon will be held Sept. 15 at 11:30 a.m. at the Fort Sam Houston NCO club. Gen. Paul J. Kern, commander, U.S. Army Materiel Command will be the keynote speaker. Cost is \$10. For reservations, contact your unit's command sergeant major or sergeant major no later than Sept. 10.

U.S. Army Garrison CFC Kickoff Ceremony, Sept. 16

The Combined Federal Campaign Kickoff ceremony will be held Sept. 16 from 1 to 3 p.m. at the Roadrunner Community Center, Bldg. 2797 on Stanley Road. Mission permitting, commanders and directors should allow Soldiers/employees the opportunity to attend.

Nutrition Care Training Facility Dedication, Sept. 17

The Army Medical Department Center and School will dedicate Bldg. 1350 in honor of Maj. Helen C. Burns Gearin during a ceremony hosted by Maj. Gen. George Weightman on Sept. 17 at 8 a.m.



Photo by Esther Garcia

Col. David Maness, his son J.D. and wife Rose Marie, greet members of the post community following the Honor Medic ceremony at the post flagpole to welcome Maness as the new Dean and Commandant of the Academy of Health Sciences, Army Medical Department Center and School.

Maness replaces Fretwell as Academy of Health Sciences dean

By Phil Reidinger
Fort Sam Houston Public Affairs

Col. David Maness assumed responsibility as the Academy of Health Sciences dean and commandant during an Honor Medic ceremony on Sep. 1 at the post flagpole.

The ceremony hosted by the Army Medical Department Center and School

Commander, Brig. Gen. Daniel Perugini, also recognized the retirement of Col. L. Darwin Fretwell.

Lt. Col. Brian Kueter, executive officer, 32nd Medical Brigade, was the commander of troops for the ceremony. The commanders of the three 32nd Medical Brigade battalions stood formation with the commanders and guidons of their respective companies to recognize the

partnership between the Academy of Health Sciences and the 32nd Medical Brigade annually training more than 27,000 officers, NCOs and enlisted Soldiers.

Drill Sgt. Mitsuli Ordee, 187th Medical Battalion presented yellow roses to Connie Fretwell in appreciation of her volunteer support to the Academy of

See **MANESS** on Page 4

Army announces competition for Soldier and NCO of the Year

Two dozen of the Army's finest Soldiers from major commands around the world will compete at Fort Lee, VA, and Washington, D.C., in the Army's third Soldier of the Year and Noncommissioned Officer of the Year Competition, Sept. 12-17.

The Soldiers and sergeants who will compete for the Army titles in September have already won preliminary competitions held by major Army commands. The competitors for Soldier of the Year will include private through specialist. The competitors for

NCO of the Year will include corporal through sergeant first class.

Sgt. Maj. of the Army Kenneth O. Preston continues the coveted Army-level competition. "We are an Army at war, supporting a nation at war," Preston said. "Our

Soldiers are the best in the world and this competition recognizes the best of the best. The Soldier/NCO of the Year competition is a culminating event that starts at the company, troop and battery levels.

See **COMPETITION** on Page 8

Test program protects troops' food, water supplies

By Donna Miles
American Forces Press Service

Napoleon Bonaparte first noted that an Army moves on its stomach. But that Army isn't likely to do much moving — except maybe to the latrine or hospital or worse — if its chow happens to be infected with salmonella or E. coli or another food- or waterborne bacteria or pathogen.

Ensuring that doesn't happen is the job of the Defense Department's Veterinary

Food Analysis and Diagnostic Laboratory here.

The lab analyzes food bound for troops in Iraq, Afghanistan and elsewhere around the world, as well as military dining facilities, commissaries, exchanges, clubs, and other outlets, to ensure it's free of pathogens, heavy metals and chemical contamination.

Army Col. Les Huck, the lab's director, said these threats could quickly put troops out of commission — something he

acknowledges terrorists understand and could easily take advantage of — without proper safeguards.

It's not such a far-fetched notion. Last year, the U.S. Food and Drug Administration noted a "high likelihood" of a deliberate attack or accidental outbreak in the U.S. food supply that sickens a large number of people. The agency said the food supply is especially vulnerable to an attack due to the broad range of biological and chemical agents that can be used.

The FDA isn't the only federal agency raising concerns. Last fall, the FBI said terrorist manuals and documents recovered in Afghanistan specifically referred to two naturally occurring toxins — nicotine, a substance found in tobacco that is toxic when ingested, and solanine, a toxic chemical found in small amounts in green potatoes that can cause gastrointestinal upset or neurological symptoms — as potential poisons. Officials agree anthrax

See **TEST PROGRAM** on Page 8

Army announces Special Recruiter Assistance Program

The Department of the Army announced Aug. 24 a Special Recruiter Assistance Program that will offer our Soldiers who have served on the front lines, the opportunity to convey their experiences to their local communities. This initiative will enable families, friends, local organizations and leaders to hear first hand accounts of the war through the voices of their hometown heroes.

Effective September 1, 2004, enlisted Soldiers in the Continental United States who have served in support of Operation Enduring Freedom or Operation Iraqi

Freedom may request to participate in S-RAP. In addition to being a veteran, Soldiers must also meet HRAP criteria outlined in AR 601-2 (Army Promotional Recruiter Support Programs). S-RAP participants will serve in a temporary duty status for a period up to 14 days and may claim reimbursement for travel expenses and per diem allowance for the period of TDY. Further, the TDY may be taken in conjunction with ordinary leave. U.S. Army Recruiting Command will allocate funding for this initiative and is responsible for managing the program.

OEF/OIF enlisted Soldiers who want to participate must submit their applications online at www.usarec.army.mil. All requests will undergo a screening process and will take at least seven days to complete. USAREC's HRAP manager will notify Soldiers who pass the screening via email. This email will also include the name and address of the recruiting company where the participants will perform their S-RAP duty. Upon receipt of notification, these Soldiers must have their requests (DA Form 4187) approved by the first Lt. Col. in the Soldier's chain of com-

mand. Soldiers will fax the 4187 to USAREC at (502) 626-0943 and upon receipt a DD Form 1610 will be completed and sent to the email address of the Soldier and unit personnel section, as provided on the DA Form 4187.

The OEF/OIF Soldiers will report to the designated recruiting station commander on the day the S-RAP commences in their Desert Camouflage Uniform with a DD Form 1610 authorizing S-RAP participation. S-RAP Soldiers will work not less than 40 hours per week during their tour.

Fort Sam Houston News Leader

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Tourniquets, dressings, powders changing battlefield trauma care

By Karen Fleming-Michael
U.S. Army Medical Research and Materiel Command

When Dr. Tom Walters watches media reports from Iraq and Afghanistan, he listens for a key word: tourniquet. When he hears it five times in one weekend, like he did in June, he knows the work he's doing at the U.S. Army Institute of Surgical Research is making a difference to service members who might otherwise die from massive blood loss from an injured arm or leg.

During World War II, tourniquets were frequently used, but fell out of favor with doctors who were treating evacuated patients, said Walters, a muscle physiologist.

"By the time they saw Soldiers with tourniquets, the tourniquets had been on for a long time" which usually led to the limb being amputated, he said. "They (the doctors) had a real bias against them."

Two studies were key in changing attitudes about tourniquets when both came to the same conclusion: Seven to 10 percent of battlefield deaths in Vietnam and Somalia were caused by profusely bleeding arm or leg wounds, and if a tourniquet had been used, the servicemember would most likely have lived.

"This realization resulted in a real shift in people's attitudes, so they decided tourniquets weren't a bad thing at all and, in fact, everyone should have one and be taught to use it," Walters said.

Sgt. Christopher Haeusler, a medic with the 502nd Infantry Regiment, bucks the bias against using tourniquets when it came to treating wounded Soldiers in Iraq.

"We come out of the schoolhouse being told that tourniquets are a last resort, but they're not. They save lives, and we should teach Soldiers to use them and not to be afraid of them," he said.

In fact, Haeusler said, his platoon sergeant is alive today because one of Haeusler's Soldiers used a tourniquet after the platoon sergeant was injured while riding a vehicle that was destroyed by an improvised explosive device.

Since hostilities began in Afghanistan and Iraq, Army researchers have tried to find the ultimate tourniquet for the warfighter. The cravat and stick tourniquet, which dates back to the late 1600s, is effective but takes precious minutes to apply.

"If you're shot in the main artery in the thigh — the femoral artery — you can easily lose a liter of blood a minute,"

Walters said. "It takes a trained medic about 4.4 minutes to apply the improvised tourniquet, and the human has about five liters of blood. That's one liter a minute, 4.4 minutes, and you only have five liters. You can do the math and figure out what the problem is."

Researchers have also examined the one-handed tourniquet. Fielded in 2002, it works well on arms but isn't as effective on muscular legs because the nylon tourniquet's one-inch strap isn't wide enough to stop leg bleeding unless the user is extremely strong or tightens the strap with a stick or ratchet.

"There's an exponential relationship between the size of the limb and the amount of pressure that's required to stop blood," Walters said. "I'm a pretty skinny guy and have 20-inch legs, so it'll work on my leg. But my colleague who's an ex-football player and has 27-inch legs, there's no way it can work on him."

Then there are the other tourniquets that warfighters are buying online and taking into battle.

"It makes me anxious because they don't all work. Some are effective and some aren't, but nobody's exactly sure," said Walters, who regularly receives e-mail from surgeons in the field telling of the virtues and shortfalls of the commercial tourniquets they've seen in use. "We can't do anything about people going and buying tourniquets off the Internet."

What researchers can do is try to find the best tourniquet for the warfighter. This summer, 20 volunteers tested 10 commercial tourniquets sent in from companies around the country to the Institute of Surgical Research to see which work and which don't. Researchers completed the study in late July and have forwarded their recommendations to the military communities so they can use the best tourniquets in the field.

1st Lt. Jerry DePold, a physician assistant who serves as the battalion surgeon for 1-82 Field Artillery, 1st Brigade, 1st Cavalry Division in Iraq says the study is important because servicemembers frequently come in wearing tourniquets after they've been injured by rocket-propelled grenades or improvised explosive devices.

"This study takes the guesswork out of which tourniquet to buy. It's one more tool our combat medics and combat lifesavers will use to ensure our Soldiers receive the best care in the world," he said. "I think it's great that the ISR is conducting studies that improve casualty care at the point of injury. This study is truly 'for the line.'"

Finding the best tourniquet isn't a new idea, Walters said.

"You can go back and find writings from the Korean War when there were conferences where participants said 'What we need now is an easily accessible, fast-applied tourniquet,'" he said.

"There's an unbelievable amount of frustration that this is even an issue. We feel that frustration, but it's also really important that we don't recommend anything until it's been



Photo by 1st Lt. Jerry DePold

A combat medic assigned to the 1-82 Field Artillery, 1st Brigade, 1st Cavalry Division in Iraq applies a tourniquet during training.

tested."

Finding the perfect tourniquet is just part of the solution for controlling gushing arm and leg wounds. The other part is using improved wound dressings that stop bleeding and let tourniquets come off.

Conventional medical doctrine as it's written right now says that once a tourniquet is used, only a medical officer can remove it. Because evacuations can take a while, the tourniquet could be left on for so long that the limb is permanently damaged.

Medical researchers want to see the doctrine change because capabilities have changed.

"Ideally, under fire or in the immediate situation, we will develop tourniquets and dressings to the point that a tourniquet can be applied as temporary vascular control, just to get the bleeding under control," said Dr. Anthony Pusateri, who works with hemostatic — blood-stopping — dressings and powders at the Institute of Surgical Research. "Then an advanced hemostatic dressing of some kind ... gets placed on there and the tourniquet can come off."

Research results on tourniquets and advanced dressings have already prompted changes in battlefield medicine and civilian medicine. For instance, Special Operations Forces have changed their doctrine to allow medics to use them, especially in conjunction with hemostatic dressings and the American College of Surgeons Committee on Trauma has validated their use in the military environment, publishing this concept in the Pre-Hospital Trauma Life Support manual.

"Because of the focused work in this arena by MPMC (U.S. Army Medical Research and Materiel Command) researchers and the DoD at large, the civilian EMS (emergency medical service) community is discussing the use of tourniquets as well," said "The feedback from the field is very positive, especially for the speed at which this critical (tourniquet) study was performed," said Col. John Holcomb, commander of the Institute of Surgical Research.

For the military, "the big change in the doctrine is allowing medics to remove the tourniquet and switch to a less damaging wound dressing," Walters said, adding that current doctrine of only medical officers

removing tourniquets dates back to World War II. "Having a tourniquet on for a couple hours is not going to result in the loss of a limb. There could be some weakness and some neurological problems, but they'll almost certainly be temporary."

The Food and Drug Administration has approved two items that stop profuse bleeding. One is a dressing made from chitin found in shrimp shells; the other is a sand-like powder. Both are on today's battlefield, and both stop bleeding.

"In the past, when a tourniquet went on, there was nothing else out there, there was no other opportunity. You couldn't put a gauze dressing on there and hope that it would stop the bleeding," Pusateri said. "If you have severe bleeding that won't stop with standard direct pressure, or if you're under fire and there's nothing else you can do, a tourniquet can go on knowing that you're not risking that limb. Once there's an opportunity to provide care when you're not under fire, a hemostatic dressing can be applied."

Without the military's work on dressings that could control deadly hemorrhage, this potential change in battlefield medicine wouldn't be possible.

"Through the late 1990s, there weren't companies coming up with ideas that could make the quantum leap in hemorrhage control. The products were really to stop oozing bleeding a little bit faster," said Pusateri, who has worked with hemostatic dressings since 1995. "We don't need to stop bleeding that will stop on its own. We need to rapidly stop otherwise lethal hemorrhage."

Pusateri said today, he receives at least a call a month about a new idea in controlling hemorrhage.

"The hemostatic dressings that are out there wouldn't be there if it weren't for the interest the Department of Defense has put into all the research over the years," he said.

Massively hemorrhaging limb injury is the number-one cause of preventable battlefield death, Walters said, but seeing getting tourniquets and hemorrhage control dressings to a battlefield can forever alter that statistic.

"The most important thing is the word is out that a lot of lives that were once lost to extremity hemorrhage can be saved by tourniquets — and people are using tourniquets," he said.



Courtesy photo

Dr. Josh Wenke measures the pulse of special forces medic Sgt. 1st Class Dom Greydanus, who is tightening a tourniquet for a study at the U.S. Army Institute for Surgical Research in San Antonio. Researcher Dr. Tom Walters takes notes.

Burn Center Restoring Wounded Troops' Lives

Story and photo by Donna Miles
American Forces Press Service

Army Staff Sgt. Michele Mitchell's journey here to the Defense Department's only center committed to treating burn victims began in late April, when she was riding in an up-armored Humvee near Baghdad as part of a five-vehicle convoy dispatched to pick up troops.

The 571st Military Police Company medic, who deployed to Iraq with her unit from Fort Lewis, Wash., recalls sitting in the back seat, directly behind the driver, "scoping" the area for aggressors as the convoy traversed through a series of checkpoints.

What Mitchell's scope didn't detect was a hidden improvised explosive device in the roadway that sent shrapnel blasting through her vehicle and caused it to burst into flames.

The explosion and fire mangled Mitchell's arm and left both legs with extensive burns. "It just ripped me up," said the veteran of 10 years, who said she "knew something was wrong" immediately but never actually saw her injuries until weeks after the incident.

After being airlifted to Logistics Support Area Anaconda, in Balad, Iraq, then to Landstuhl Regional Medical Center in Germany, Mitchell was quickly transferred here, to the U.S. Army Institute of Surgical Research's Burn Center.

The center, which opened in 1947, treats burn patients from every military service, as well as veterans. And as the only burn center in central Texas, it also serves as the regional burn center for civilian burn victims, explained Army Lt. Col. Lee Cancio, a surgeon at the center for the past 10 years.

But of all the center's patients — typically several hundred a year — Cancio said none pull at the center staff's heartstrings more than service members injured in the line of duty, particularly in combat.

"We're here because we want to take care our injured combat casualties," he said. "It's difficult work, both physically and emotionally, but the entire staff takes great satisfaction in being able to help these men and women who have served their country."

Since the start of the war on terror, 129 servicemembers have been medically evacuated from Iraq and Afghanistan to be treated for severe burns at the center. Nearly half have been accompanied during their flights to Fort Sam Houston by the burn center's five-person flight team, which ensures the patient is stable and begins lifesaving treatment immediately.

"The war has increased our workload quite a bit," said Cancio.

Initially, many burn victims from Operations Enduring and Iraqi Freedom

were injured through preventable accidents, including those involved with burning human waste, he said. Later, after an aggressive education program helped reduce those injuries, Cancio said, rocket-propelled grenades became the number one cause of burns in Southwest Asia.

But today, roadside bombs like the one that Mitchell said left her legs looking "like burned hamburger meat" are the leading cause of severe burns in Iraq.

Regardless of their cause, burns inflict tremendous damage to the body. Infection threatens exposed tissue. Skin can't retain fluids, sometimes threatening to shut down the kidneys. Body temperatures plummet, causing patients to shiver from cold, even when under heat lamps. Lungs often are damaged by fire, smoke and chemicals.

"This is probably the worst kind of injury a person can endure," said Army Staff Sgt. Dave Waymon, a licensed vocational nurse at the center for almost five years. "The treatment is long, extensive and painful for the patient."

And while the pain of the injury can be unbearable, the treatment can sometimes feel worse. Staff members at the center say the hardest part of the job isn't working 12-or-more-hour shifts in wards heated to 85 to 100 degrees. Nor is it not having to scrub up and don a mask, gown, gloves and boots every time they come near a patient. It's not treating patients so deformed that they're unbearable to look at.

It's knowing that everything they do for a patient, however therapeutic, inflicts even more pain. Dressing changes, dead tissue removal, antibiotic cream applications and skin grafts — all necessary to fight infection and speed up healing — can be unbearable. Spray from a shower nozzle can feel like bullets against charred flesh. Physical therapy exercises, critical to keeping a patient's muscles from tightening as they heal, can be tortuous.

When a new patient is admitted to the center, one of the first steps is to remove any dead skin or hair from the wound that can harbor bacteria and lead to infection, Waymon explained. That requires a thorough scrub-down that some burn patients, like Mitchell, say they're so medicated



Rumiko Cahill, a physical therapist assistant at the U.S. Army Institute of Surgical Research's Burn Center, helps Army Staff Sgt. Michele Mitchell, left, stretch her fingers to increase their flexibility as she heals from injuries received in Iraq.

they don't remember — and that those who do remember wish they could forget.

"The whole time they're here, that initial bath or shower is the most painful," Waymon said. "I explain to (the patients) what I'm going to do and why I have to do it, and tell them that I will give them pain medicine and do my best to minimize the pain."

Treatment for burn victims generally takes far longer than for other trauma patients — typically one to two days for every one percent of the body burned, according to Maj. Louis Stout, head nurse at the center. For some patients, hospital stays can last months.

Five months after her injury, Mitchell is well along the path to recovery, but still undergoing treatment at the burn center. "Laughter and a lot of prayer got me through" the most difficult days, she said. "You learn just how strong you can be, and your patience increases because healing doesn't happen overnight."

Recovering from severe burns, she said, "is like going through a tunnel. If you realize you're simply going through it and that it's not a permanent stay, you'll make it."

Army Sgt. Joshua Forbess, one of just five Soldiers who survived a fiery Black Hawk helicopter crash last November in Mosul, Iraq, credits the staff at the burn center with pushing him to recover from his serious burns. "The staff here is amazing. They really motivated me," he said.

"And they impressed on me that you have to push yourself, too."

Despite the physical and emotional demands of the duty, Cancio said duty in the burn center has a lot to offer military medical professionals.

"Some people are reluctant to come to work in the burn center because they know it's extremely hard work in very difficult circumstances," he said. "But the folks here are delivering top-notch care in a state-of-the-art facility. If you want a place to learn cutting-edge combat-casualty care, this is the place to do it."

The center staff say the job brings tremendous personal gratification as well. "One of the satisfactions is telling a patient, 'You're fine. Go back to your unit and have a good life,'" Cancio said.

Of the 129 servicemembers admitted to the unit with burns received in Iraq and Afghanistan, all but 15 are back on active duty, although some are still on convalescent leave or have duty restrictions.

Cancio said a new outpatient burn clinic at Brooke Army Medical Center opened in May and provides long-term follow-up care for patients.

"It's probably the best feeling you can get, seeing the success stories," said Stout. "It's great seeing patients come back to visit, like one guy who had 70 percent of his body burned and was here for seven months. It's successes like that that keep you coming back every day."

Maness

Continued from Page 1

Health Sciences and post community organizations. Drill Sgt. Mercedes Libian presented a bouquet of roses to Rose Maness, welcoming her to the Army Medical Department Center and School family.

Following the change of responsibility ceremony between Maness and Fretwell, Perugini presented Fretwell the Legion of Merit recognizing his contributions to the Army Medical Department Center and School.

Perugini also presented Connie Fretwell the Commander's Award for Public Service and the U.S. Army Medical Command Dr. Mary E. Walker Award for her outstanding volunteerism that improved the quality of life of Soldiers and their family members assigned to Fort Sam Houston and those Soldiers and their families supported by the installation Soldier and Family Assistance Center.

Bidding farewell to the community, Fretwell noted the

excitement of beginning new adventures in life following retirement and the sadness leaving a career of serving with great Americans. "After all, at the end of the day, it is about people, sharing in their struggles, sacrifices and triumphs. The Army Medical Department has proven its excellence, but that did not happen automatically. It happened because of the great Soldiers and civilians such as those who serve here at the home of Army Medicine," he said.

Perugini noted that the Dean and Commandant of the Academy of Health Sciences is one of the most daunting, yet rewarding, duty positions any officer can aspire to. "It requires hard work, commitment and vision," he said. He remarked that Fretwell accomplished his responsibilities with superb leadership and compassion.

Perugini noted Maness' experience and professional credentials as the new dean. "From his assignment as a staff physician

and clinic director at the 45th Field Hospital to director of the Family Practice Program at Eisenhower Medical Center, to his command of Womack Medical Center of Fort Bragg, his considerable military experience and demonstrated leadership qualities posture him for success," he said.

Following the retreat ceremony, Perugini presented Fretwell the national flag flown over Fort Sam Houston to mark his last day of service to the nation.

Post to commemorate Patriot's Day and POW/MIA Day, tomorrow

By Phil Reidinger
Fort Sam Houston Public Affairs

Tomorrow at 3:30 p.m. at the Main Post Gift Chapel, a bell will toll once for each of the 50 states and the six territories of the United States to begin the Patriot's Day and POW/MIA Day commemoration by the post community.

Chaplain (Col.) Edward Maney will welcome the community and deliver the invocation prior to a scripture reading by Chaplain (Lt.



Col.) James Benson. The guest speaker will be retired Army Chaplain Willie Peacock. Retired Command Sgt. Maj. Howard T. Ray, president of the San Antonio POW/MIA Association, will lead the final scripture reading.

Following a memorial reflection, the Army Medical Command Band will lead a procession to the post flagpole for a retreat ceremony. The procession will include a caparisoned horse, the Fort Sam Houston Honors Platoon color guard, wreath bearers, senior leaders and members of

installation commands, and local veterans and civic organizations.

The San Antonio Bagpipers will begin the retreat ceremony with "Amazing Grace" before the Fort Sam Houston Honors Platoon presents the colors and the Army Medical Command Band plays the national anthem. Taps will sound after the presentation of wreaths followed by remarks by the installation commander, Maj. Gen. George W. Weightman. Following retreat and the benediction, the Army Medical Command Band will conclude the ceremony with the medley of service songs representing the members of the Armed forces and their families defending the nation against terrorism as members of Operation Enduring Freedom and Operation Iraqi Freedom deployed forces.

Patriot Day, 2003 Proclamation

Two years ago, more than 3,000 innocent people lost their lives when a calm September morning was shattered by terrorists driven by hatred and destruction.

On that day, and in its aftermath, we saw the greatness of America in the bravery of victims; in the heroism of first responders who laid down their lives to save others; in the compassion of people who stepped forward to help those they had never met; and in the generosity of millions of Americans who enriched our country with acts of service and kindness. Since that day, we have seen the greatness of America further demonstrated in the courage of our brave men and women in uniform who have served and sacrificed in Afghanistan, in Iraq, and around the world to advance freedom and prevent terrorist attacks on America.

As we remember September 11, 2001, we reaffirm the vows made in the earliest hours of our grief and anger. As liberty's home and defender, America will not tire, will not falter, and will not fail in fighting for the safety and security of the American people and a world free from terrorism. We will continue to bring our enemies to justice or bring justice to them. This Patriot Day, we hold steady to this task.

By a joint resolution approved December 18, 2001 (Public Law 107-89), the Congress has designated September 11 of each year as "Patriot Day."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim September 11, 2003, as Patriot Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities, including remembrance services and candlelight vigils. I also call upon the Governors of the United States and the Commonwealth of Puerto Rico, as well as appropriate officials of all units of government, to direct that the flag be flown at half-staff on Patriot Day.

In addition, I call upon all Americans to display the flag at half-staff from their homes on that day and to observe a moment of silence beginning at 8:46 a.m. eastern daylight time to honor the innocent victims who lost their lives as a result of the terrorist attacks of September 11, 2001.

IN WITNESS WHEREOF, I have hereunto set my hand this fourth day of September, in the year of our Lord two thousand three, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH
President of the United States of America

90th activates 328th Personnel Services Detachment for OIF service

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs

Following a day of in processing, family members joined 50 Soldiers during an activation ceremony on Saturday at the 90th Regional Readiness Group headquarters on Harry Wurzbach.

Hosted by the 90th Regional Readiness Group Commander, Brig. Gen. Philip Hanrahan, the ceremony included the publication of the mobilization order that directed the members of Detachment Two, 328th Personnel Battalion, to active duty for a period of an initial 545 days in support of Operation Iraqi Freedom.

Attending the ceremony and addressing members of the unit were Command Sgt. Maj. Eddie Coleman, 90th Regional Readiness Group, and Chaplain (Col.) Thomas Billimek. Staff Sgt. Charles Carter, a member of the battalion who recently returned from a deployment to Iraq, described his experiences. He was assigned to Personnel Services Battalion Detachment, 974th Quartermaster Company located in Amarillo, Texas.

"Our country has called upon you. You have the proper training and equipment. You know what to do," Hanrahan said.

After the ceremony, the Soldiers and their family members were treated to a luncheon served by the staff of "Wings to Go" located on Bandera Road. Restaurant manager, Freddy Elizardo, said that his staff wanted to show their appreciation as members of the San Antonio community to the Soldiers and their families, especially during the stressful time of deployments to Operation Iraqi Freedom and Enduring Freedom. He and his staff also donate meals to Soldiers who have returned and are undergoing treatment and rehabilitation at Brooke Army Medical Center.



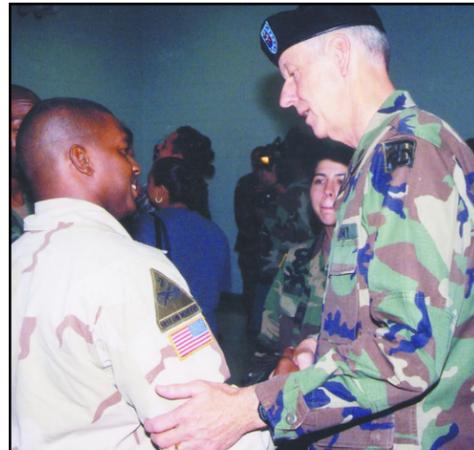
(Left) Soldiers assigned to Detachment 2, 328th Personnel Services Battalion, stand formation for the unit activation ceremony at the 90th Regional Readiness Group headquarters. The Soldiers are mobilized for an initial period of 545 days in support of Operation Iraqi Freedom.



Brig. Gen. Philip L. Hanrahan addresses the Soldiers and their family members during the unit activation ceremony on Saturday. Hanrahan emphasized to the families their role as members of the unit team supporting their spouses during the deployment.



Wings to Go employees serve a variety of chicken wings to Soldiers to show their support of them and their families during the command reception, following the unit activation ceremony at the 90th Regional Readiness Group headquarters.



(Left) Command Sgt. Maj. Eddie Coleman, 90th Regional Readiness Group, welcomes Staff Sgt. Charles Carter, a member of the unit who deployed earlier with the 974th Quartermaster Company. Carter recently returned from Iraq and talked to the Soldiers of Detachment 2 about his experiences in Iraq.

418th Medical Logistics Company hosts Family Organization Day

Story and photos by Sgt. Orasinh OuParavong-Erickson
The 418th Medical Logistics Company

The 418th Medical Logistics Company hosted their first annual "Tropical Delight" at Canyon Lake recreational facility on Aug. 13.

The Tropical Delight was attended by more than 90 Soldiers and their families. Festivities included a catered Texas-style barbecue and recreational games. While adults were competing in volleyball, activities for children included a clown, a moon bounce, a bean bag toss for prizes, a fish

pond for prizes, water balloons, a piñata, ice cream, and cake.

With the support of the company commander, Capt. Pablo Rivera, and company first sergeant, Sgt. 1st Class Gwendolyn Mason, Sgt. 1st Class Jaime Davison and the Organization Day Committee planned the day's events.

A special thanks to all the Soldiers who assisted in raising funds bagging groceries at the commissary, First Command, and the Family Readiness Group bake sale contributions.



Family members of the 418th Medical Logistics Company eat and enjoy the view at Canyon Lake.



Lt. Col. Steven G. Bolint, Special Troops Battalion Commander, and Sgt. 1st Class Jaime Davison, 418th Medical Logistics Company, try to find more children's prizes left to take.



(Above) Alice Lara opens newly fished out candy for her children.



(Right) Spc. Mario Lara places a hard serve during the volleyball tournament.

Competition

Continued from Page 1

The program promotes self-study and self-development throughout all the commands and culminates in this final event. The program serves as a tool for junior and senior leaders to promote excellence and proficiency in all subject areas that are important to serving as a Soldier and NCO. "Self development and self study are an important part of our Soldiers' success on and off the battlefield".

The Soldiers will face rigorous tests that challenge their Soldier skills, qualities and abilities in every aspect. The competition begins with three days of testing at Fort Lee, Va. There, the contenders will take the

Army Physical Fitness Test consisting of push ups, sit ups and a two-mile run and attempt to maximize their score in each event; a written examination on general military topics; fire M-16 rifles for record; negotiate day and night land navigation courses; and be evaluated in a number of critical Warrior Tasks and Skills. The competitors will also write a graded essay.

In the next stage, the contenders will face selection boards convened at Crystal City, Va. Preston will chair both the Soldier and NCO selection boards, and the two boards will each be comprised of six senior command sergeants major from throughout the Army. The boards will evaluate each Soldier's appearance, mili-

tary bearing and knowledge in a number of key areas.

"This event is so important," Preston said. "The Soldiers will have an opportunity to show the board how much they know about their service and in doing, set examples of their expertise and professionalism to their peers. The competition is meant to be tough to identify the best of the best."

The NCO and Soldier of the Year serve as spokespersons throughout the year of their selection. They showcase the best of the Army and regularly represent the Army at media, community and service events around the world.

The Army's Soldier of the Year and the Army's NCO of the Year will be

announced during a Sept. 17 ceremony at Fort Myer, Va.

The major commands that will be represented in the competition are: Training and Doctrine Command, Forces Command, U.S. Forces-Korea, U.S. Army-Europe, Army Materiel Command, U.S. Army-Pacific, Space and Missile Defense Command, Medical Command, U.S. Army-South, U.S. Army Special Operations Command, and the National Capitol Region, which includes the Military of District of Washington, and several smaller major commands.

Source: U.S. Army Public Affairs news release.

Test Program

Continued from Page 1

and ricin, two potentially lethal biological toxins, pose even more deadly threats.

Huck said the military is no less vulnerable to attack on its food and water supplies. It's particularly critical that the military ensure the safety of U.S. troops deployed outside the purview of the Food and Drug Administration, Department of Agriculture and Environmental Protection Agency, which ensure the safety of U.S. food and water supplies.

"In places where there's not much oversight, we play a vital role in testing items that would otherwise go untested," he said.

As a result, the Fort Sam Houston veterinary lab, as well as its smaller counterpart at Landstuhl Regional Medical Center in Germany, conduct hundreds of tests on samples of everything from Meals, Ready to Eat used in the field to poultry sold in commissaries to bottled water purchased locally for troops in Southwest Asia.

This testing reinforces measures already in place by procurement teams on the ground who regularly audit local vendors to ensure food and water for U.S. service members and their families is safe and secure.

Eric Shepherd, supervisor of chemistry here, said the changing

nature of the threat has caused dramatic changes in the lab's mission. "When I came here 17 years ago, 80 percent of our work was quality control," he said. "Now, 80 percent of what we do is contaminant analysis. That's where our thrust is and where it will continue to be in the future."

Shepherd said the lab's rigorous test procedures send a message that the military is taking measures to protect its members against food- and waterborne threats. "If people know we are testing, then it serves as a deterrent," he said. "But if they do try something, we're confident that we can help detect it."

But, Huck said, the current system still isn't responsive enough. New equipment under development will make it easier for specially trained troops on the ground to do their own testing, with far faster results.

A wide range of test equipment and procedures is being developed, he said, and some are already being delivered to forward-based troops. The ultimate goal, Huck said, is to get enough "rapid screening process" capability into the field so troops can rapidly screen for pathogens and pull any suspect items from the inventory.

"The bottom line for us is to guard against contamination, whether it got there accidentally

or intentionally, so we can ensure a safe and secure food product," Huck said.

Staci Mitchell, a microbiological lab technician here who also served as a technician at Veterinary Lab Europe in Landstuhl while on active duty, said the procedures in place "give me immense confidence in the safety of the food" the troops and their families receive.

Mitchell said the testing program "sends a strong message to the troops that they're being looked out for and taken care of."

"But then again," she said, "they're guarding our safety. So we want to be sure to guard theirs, too."

How safe are Low-carb diets?

By Lt. Col. Deborah Simpson
U.S. Army Center for Health
Promotion and Preventive
Medicine

Anyone who has tried to lose weight knows it can be challenging. Some people choose a low-carbohydrate diet for help in losing weight. Like most fad diets, low-carbohydrate diets produce fast results. But does the weight stay off? Is it safe?

Restricting carbohydrates typically produces short-term weight loss.

Reasons are:

- Loss of water weight.
- Decreased appetite.
- Reduced calories.

In the short term, these diets throw the body's chemical balance off. Burning fat without a carbohydrate creates byproducts called ketones that build up in the bloodstream (ketosis). Research indicates that prolonged ketosis may deplete mineral stores in the bones, causing them to become porous and brittle. Ketosis can cause the body to produce high levels of uric acid, which is a risk factor for gout (painful swelling of the joints) and kidney stones. Ketosis is also dangerous for people with diabetes and kidney disease and pregnant women.

Low-carbohydrate diets can also hurt health in the long term. Most low-carbohydrate diets are high in total fat, saturated fat, and protein.

Excess protein can:

- Put a strain on kidneys.
- Promote calcium excretion and electrolyte imbalance.
- Cause nausea, fatigue and weakness.

Low-carbohydrate diets are low in fiber and can result in constipation. Also, the high fat content of low-carbohydrate diets increases the risk for heart disease and some cancers. Low-carbohydrate diets lack vitamins, minerals and other nutrients that can help reduce the risk of diabetes, heart disease, cancer and other conditions.

Carbohydrates are the body's main source of energy. The National Academy of Science recommends that most adults consume at least 130 grams of carbohydrates daily. This is approximately equal to four slices of bread, two medium pieces of fresh fruit, three half cup servings of vegetables, and two eight ounce glasses of milk.

There is no magic formula for losing weight. The only way to lose weight and keep it off is to eat a balanced diet,

exercise, and commit to permanent lifestyle changes.

Remember:

- Talk to your doctor before starting a weight-loss program.

- Talk with a registered dietitian for assistance in planning a personalized nutrition program

- Change habits. It takes at least 21 days to maintain either a good or bad habit.

If considering a weight-loss diet, avoid diets that:

- Promise quick weight-loss results (more than 1-2 pounds per week).

- Claim that people can lose weight and keep it off without making changes in diet and exercise habits.

- Limit food choices.

- Base claims on "before" and "after" photos.

- Offer "expert" testimonials.

- Draw simple conclusions from complex medical research.

- Require spending a lot of money on supplements or prepackaged meals.

Your body is one of your most valuable assets. Take good care of it and it will take good care of you! Resources to help you manage your weight can be found at <http://www.hooah4health.com/>

Join 'Life Force' opportunity to save lives on Sept. 18

What would you give to save the life of a friend or family member? It might surprise you to know how little it can take. Donating blood is one of the easiest ways you can make a difference and save a life.

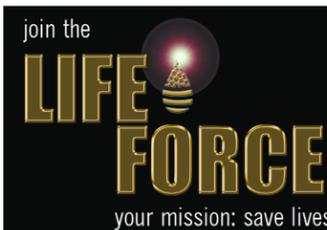
Fort Sam Houston Post Exchange has teamed up with the Armed Services Blood Program during the annual "Serving Those Who Have Served" weekend at the Fort Sam Houston Post Exchange parking lot. We would like to invite our retired service members to join the Life Force, an elite team that saves the lives of military members and their families. Unlike many specialized units, there is no lengthy training or special skills needed to join. When you join the Life Force by giving blood, you become a vital link for service members and their families—giving them extra strength when they need it most. The blood collected by the ASBP directly supports local and international military needs. Soldiers, Sailors, Airmen and Marines count on ASBP donors to be there in their hour of need. By donating on Sept. 18, 10 a.m. to 4 p.m. you can be their Life Force when they need you most.

"Getting enough donors is always a challenge," said Capt. Marti Blose, officer in charge of the Akeroyd blood donor center. "Blood is always needed in our local community, but our mission goes beyond that. Along with other ASBP donor centers, we provide the blood products needed by troops engaged in action around the world. Ensuring our troops always have the blood they need is a key component of military readiness and we need donors to make sure we do not fall short. The willingness of your members, who have already given so much to our country, to support those currently serving is truly inspiring. We are looking forward to the opportunity to meet them and thank them for continuing to serve."

Donating is easy and most healthy adults are eligible to give blood, regardless of age. Those taking medication may be eligible to donate, depending on the type of medication. Even if you cannot donate, you can still be part of the Life Force by volunteering at the drive or encouraging others to donate.

Contact the donor center for more information on volunteering, medication restrictions or other eligibility issues.

Mark your calendar and join us at the Fort Sam Houston Post Exchange parking lot on Sept. 18, 10 a.m. to 4 p.m.. The blood you give will mean the world to someone who cannot live without you.



232nd Medical Battalion announces Soldier and Junior Leader of the Week



Courtesy photo
(Left) Pfc. Jeremy Rothwell, Soldier of the Week, hails from Elkton, Md. He enjoys reading and football. Rothwell has completed one year of college and plans to reenlist as a flight medic.



Courtesy photo
(Right) Pvt. James Frazier, selected as the Junior of the Week, is from Banard, Mo. His hobbies include reading and camping. Frazier has completed two years of college and plans to complete his initial term as a Soldier medic and then apply for physician assistant school.

D Company, 232nd Medical Battalion Soldier Medic employs his training

By 1st Lt. Mia Jones
D Company, 232nd Med. Bn.

On Aug. 27, Spc. Jake Conrad of D Company, 232d Medical Battalion, was running near the Fort Sam Houston Elementary School when he witnessed a single vehicle drive into a ditch and roll over. Conrad saw the female driver climb out of the top of the vehicle and immediately lay on the ground next to the vehicle. He reacted quickly, providing essential medical aid to the wounded driver and instructed other

bystanders to assist in stabilizing the victim's head to prevent further injury. Conrad surveyed the rest of the accident scene for other causalities and continued to provide first aid to the injured driver.

Another medical noncommissioned officer arrived on the scene and began rapid trauma assessment, while Conrad questioned the patient on her medical history. He then assisted the paramedics after their arrival by applying a C-collar and preparing the patient for transport to Brook Army Medical Center. The

status of the patient and her injuries were unknown at the time the paramedics transported her.

Conrad is 20 years old, and a member of the Oregon National Guard. He says that he is proud of the knowledge that he has gained here at 91W Advanced Individual Training and plans on returning to Iraq to assist the other medics on the battlefield. When questioned about the incident, Conrad said that his training at Fort Sam Houston allowed him to "react naturally."

Ethics Training 2004

Listed below is the schedule for the remaining ethics training for Army Medical Department Center and School and Fort Sam Houston military and civilian personnel. There will be a sign language interpreter available at the Sept. 1 training. This training is mandatory and attendance will be reported to the Acting Secretary of the Army.

Commanders and supervisors may contact Mario Rendon by e-mail at the Administrative and Civil Law Division, Office of the Staff Judge Advocate, AMEDDC&S and Fort Sam Houston, for an electronic copy of the sign-in sheets to verify their employees' attendance.

All training will be held in Evans Theater, Bldg. 1396, on Garden Avenue. No reservations are required and seating is on a first come basis. Questions may be directed to the Ethics Counselor, AMEDDC&S and Fort Sam Houston, at 221-2373 or 221-0485.

Ethics Training Schedule

Date	Time
Sept. 15	9:30 - 10:30 a.m.
Oct. 5	9:30 - 10:30 a.m.
Oct. 20	9:30 - 10:30 a.m.
Nov. 3	1:30 - 2:30 p.m.
Nov. 17	9:30 - 10:30 a.m.
Dec. 1	9:30 - 10:30 a.m.
Dec. 15	1:30 - 2:30 p.m.

BAMC implements new process for outpatient record management

By Capt. Mario R. Mesa
Deputy Chief of Patient
Administration Division, BAMC

Brooke Army Medical Center is constantly seeking new and improved ways to provide the best service and the highest quality health care. In the effort to improve the handling of patient medical records, and to comply with the new DoD Custody and Control Policy of Outpatient Medical Records, a new process to account for outpatient medical records is now in place for BAMC beneficiaries.

Last April BAMC implemented a closed medical record system designed to improve accountability of outpatient medical records. As part of this new process, patients are no longer required to sign out medical records at the outpatient medical records room and hand carry them to and from appointments at BAMC. Instead, when medical treatment is required, patients should report directly to their assigned clinic and the new process will ensure that their records are delivered to the appropriate clinic before their appointment.

These procedures have been developed to ensure record confidentiality, improve customer service, and aid in the timeliness of providing health care. This initiative is part of a program supporting an increased emphasis on record accountability by higher headquarters, accrediting bodies, BAMC and Department of

Defense. A complete, available medical record is essential to providing high quality medical care. Medical records which are well maintained and available to providers, facilitates quality care.

Also, if you are involved in an accident and you are brought to the hospital for emergency care, your medical record may not be with you. We want to ensure that you have the best medical care as an inpatient or outpatient. This is not an unusual request because medical treatment facilities in the civilian sector do not give patients their medical records.

To assist us in this new endeavor, we need the full cooperation of our beneficiaries. We are asking those patients who normally maintain their medical records outside BAMC to return them to BAMC outpatient medical records room at the next opportunity. This will allow the medical record staff to label the record and to insert any loose documentation that may have accumulated in the record room.

Army medical records are the property of the government, and as such are subject to the same controls, which apply to other government documents. In accordance with Army regulations, outpatient medical records must be maintained at the military treatment facility where the patient receives care. To comply with these directives, the staff is required to make every reasonable effort to return outpatient medical

records to the records room following care. Your cooperation and understanding in allowing our staff to do their job will be greatly appreciated. The medical record is the government's only record of the medical care that it has rendered and must be protected and accounted for.

If you are uncomfortable with relinquishing medical records or would like to have a copy of the information for your own use, we will be happy to make a copy of your medical record(s) for you at your request at no charge. Under most circumstances we can return copies to the patients with in four to six weeks, although larger records may take slightly longer. Patients desiring copies of medical records may obtain them by contacting the Release of Information Section, room 151-7 during normal duty hours, 8 a.m. to 4 p.m., Monday through Friday. Patients must come in person to request copies of medical records since they will be required to sign a release of medical information form at the time of request.

Help us deliver the best quality health care possible by returning all original medical records to the BAMC outpatient medical records room as soon as possible and by updating your contact information on your next visit to BAMC. For more information, call Capt. Mario Mesa, Deputy Chief, Patient Administration Division, BAMC at (210) 916-1029 or 916-2320.

Health Promotion Center September Class Schedule

Class	Date	Time
Self Care and Health	9	9 - 11 a.m.
Breastfeeding Support Group	10	1 - 2:30 p.m.
Diabetes Education	13	12:45-4:30 p.m.
Winning Combination	13	1 - 2:30 p.m.
Cholesterol and Lipids	14	1 - 3 p.m.
Office Yoga	14	Noon-1 p.m.
Diabetes Education	14	12:45-4:30 p.m.
Stress Management	14	1 - 2:30 p.m.
High Blood Pressure	15	9 a.m. - Noon
Active Duty Self Care	16	8 - 10 a.m.
Body Fat Testing	17	8 - 11 a.m.
Introduction to Weight Reduction	17	Noon-1:30 p.m.
Breastfeeding Support Group	17	1 - 2:30 p.m.
Diabetes Education	20	12:45 - 4:30 p.m.
Cholesterol and Lipids	21	1 - 3 p.m.
Breast Health	21	9 - 10 a.m.
Arthritis	21	9:30 - 11 a.m.
Office Yoga	21	Noon - 1 p.m.
Diabetes Education	21	12:45 - 4:30 p.m.
Fibromyalgia	22	1 - 3:30 p.m.
Breastfeeding Support Group	24	1 - 2:30 p.m.
Diabetes Education	27	12:45-4:30 p.m.
Cholesterol and Lipids	28	1 - 3 p.m.
Office Yoga	28	Noon - 1 p.m.
Diabetes Education	28	12:45 - 4:30 p.m.

For information, call Health Promotion Center at 916-3352. Health classes are offered for DoD civilians and military beneficiaries.

Pediatric Clinic announces immunizations by appointment only beginning Oct. 1

Effective Oct. 1, the Pediatric Immunization Clinic will administer immunization by appointment only. No walk in service will be available. This change is an effort to better serve the community by decreasing the waiting time. To schedule an appointment, call 916-5791.

Army Community Service

Family Advocacy Program Class September Schedule

Class Title	Dates	Class Time
Anger Management Awareness	14	11 a.m. – 12:30 p.m.
Basics of Breastfeeding	15	10:30 a.m. – Noon
Beyond Your First Baby	29	8 a.m. – Noon
Boys Only!		
Ages 9-10	22	3 – 4 p.m.
Building Effective Anger		
Management Skills (Series 3-6)	9, 16, 23	11 a.m. – 12:30 p.m.
Evening class (Series 1-3)	14, 21, 28	6 – 7:30 p.m.
Commanders Training	23	8 – 9:30 a.m.
Conflict Management	13	11 – 12:30 p.m.
Coping with Difficult People	22	1 – 2:30 p.m.
Discipline vs Punishment	18	9 – 11:30 a.m.
Getting Ready for Childbirth (Series 1 and 2)	9, 16	6 – 9 p.m.
Girl Talk!		
Ages 6-8	29	3 – 4 p.m.
Ages 9-10	15	3 – 4 p.m.
Healthy Pregnancy	27	1 – 4 p.m.
Helping Us Grow Securely	14, 21, 28	9 – 11 a.m.
(H.U.G.S.) Playgroup		
P.A.I.R.S. (Couples Course)	15	6 – 7:30 p.m.
(Series 2-4)		
S.T.E.P. Program for Parents of	9, 16	9 – 11:30 a.m.
School Age Children		
The Middle Way (Parenting Class)	9, 16, 23, 30	6 – 8 p.m.
Stress Management I and II	14	1 – 2:30 p.m.
Truth or Consequences? (Three-part series)	14, 21, 28	4:30 – 5:30 p.m.
You and Your Baby	22	8 a.m. – Noon
Saturday Marathon	18	9 a.m. – 5 p.m.

To sign up for classes or for more information, call ACS Family Advocacy Program at 221-0349/2418.

Army Family Team Building announces upcoming events

Level 1 Classes, Saturday, Sept. 18, 8:45 a.m. - 3 p.m.

- Family and Military Expectations (Great Expectations!)
- Impact of the Mission on Family Life
- Introduction to Military/Community Resources
- Military Terms, Acronyms (Break the code!)
- Military Customs & Courtesies
- Basic Problem Solving (Show me how to fix it!)
- Supporting Your Child's Education
- Benefits, Entitlements & Compensation
- Chain of Command/Change of Concern (Who's in charge?)
- All classes are held in the Roadrunner Community Center. For registration information, call 221-2705. Registration deadline is Thursday, Sept. 16.

Attention student spouses! An Open House just for you!

Where: Roadrunner Community Center, 2010 Stanley Road, Bldg. 2797, between the tennis courts and SACU building, Fort Sam Houston, Texas.

When: Monday, Sept. 13, 10-11 a.m.

Why: This is a great chance for spouses in any of the Army programs at Fort Sam Houston to find out what's here, who's here, and why you're here! Meet other student spouses, and be greeted by Army spouses who will share a little of their own experiences with you. If you do not have childcare, bring the kids along and discover what it's like to be an Army spouse. There will be welcome folders full of information, giveaways and light snacks. Very casual dress and no R.S.V.P. required. For information, call the AFTB office 221-2705.



Photo by Dr. Gloria Davila

Center, Dr. Carmen Marino, School Transition Specialist, and Charles "Van" Cheney (on her right), Regional School Liaison Officer, from the U.S. Army Installation Management Agency/Southwest Region-MWR, pose with the Cole High School students after a tour of the campus and a visit with the staff and students in August. Marino and Cheney are visiting schools throughout the country in order to determine how better to meet the needs of high school-age children of military personnel. Keith Toney, (second from left) School Liaison Officer and FSHISD Board president, accompanied Marino and Cheney on the tour.

Cole JROTC to host Blood Drive

The JROTC "Cougar" Battalion of Robert G. Cole High School will host the school year's first blood drive on Tuesday, Sept. 21 from 2:30 to 7 p.m. in the Cole JROTC Building (Pryor Hall). Donors must be 18 years of age and weigh at least 110 pounds. To donate, contact a Cole JROTC cadet or call 368-8730, ext 7018 or ext 7019 for a time slot.

Fort Sam Houston Independent School District Weekly Campus Activities September 13 – 18, 2004

Fort Sam Houston Elementary School

Friday, Sept. 17

- Spirit Day

Robert G. Cole Jr./Sr. High School

Tuesday, Sept. 14

- Volleyball at SA Stacy, JV – 5 p.m. V – 6 p.m.

Thursday, Sept. 16

- Junior Varsity Football vs Natalia at Cole, 6 p.m.

Friday, Sept. 17

- Varsity Football at Natalia, 7:30 p.m.

Saturday, Sept. 18

- Seguin High School Cross Country Invitational at Texas Lutheran University, All Day

- Freshman/Junior Varsity/Varsity Volleyball vs Utopia at Cole, 10, 11, 12 noon

MOPS (Mothers of Preschoolers)

Your local MOPS group community is where moms come together to learn, share, and experience this important season of mothering in a caring and accepting atmosphere. Meetings are the 2nd Wednesday of every month at NE Baptist Church.

For more information call MOPS Coordinator Tammy Duhaime at 481-6304.

MWR Youth Happenings

Free After School Program for Middle School Students - Youth Services offers an After School program for Middle School youth grades 6-9 on Monday through Friday after school until 6 p.m. YS will pick up your child from the Elementary or the Jr./Sr. High School and take your child to the Youth Center. After a snack the student will

work on homework, participate in clubs and other fun innovative projects. Students can join the 4-H Club, Photography Club, Computer Tech Club and a variety of other clubs. The best feature of this program is that this is a free program. However, students must register with Child and Youth Services for an annual fee of \$18. For information, call 221-3502.



Football and Cheerleading Registration - Football and cheerleading registration is ongoing at the Youth Center Monday through Friday from 10 a.m. to 7 p.m. The cost for football is \$55 for the 1st child, \$50 for the 2nd and \$45 for the 3rd child. Cheerleading is \$50 for the 1st child, \$45 for the 2nd and \$40 for the 3rd. A birth certificate, current physical, shot records and current CYSD registration are required.

Youth Service Volunteers - YS is looking for volunteers to assist with youth programs. We need coaches, computer skilled people, crafty people and those who care about kids. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

Saturday Open Recreation -

Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball, pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

Parents Wanted - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or to cheer and enjoy refreshments.



Tae-Bo - Join the youth services staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.

Saturday Shuttle - YS offers a Saturday shuttle to and from the Youth Center. There is no

cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member. The Shuttle schedule is as follows:
 3 p.m. - Leave the Youth Center
 3:07 p.m. - Gorgas Circle (picnic tables)
 3:10 p.m. - Schofield/Dickman on Schofield
 3:15 p.m. - Reynolds and Dickman on Reynolds
 3:20 p.m. - Officer's Club tennis Courts
 3:25 p.m. - Artillery Post Road at Bus Stop
 3:30 p.m. - Easley/Infantry Post Bus Stop 660
 3:42 p.m. - Patch Road (play-ground)
 3:46 p.m. - Patch Road Shoppette Parking lot
 3:50 p.m. - Foulois/Scott Road Harris Heights
 3:54 p.m. - Forage/Foulois
 4 p.m. - Powless Guest House
 The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below; at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.



Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
 - People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
 - The majority of all car accidents occur within 25 miles of home.
 - 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
 - In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.
 - In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
 - You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
 - Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
 - According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.
- Source: Fort Sam Houston Safety Office



Post begins Hispanic Heritage Month activities Sept. 20

The Fort Sam Houston Hispanic Heritage Month opening ceremony will be held Sept. 20 from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center, Bldg. 2797, Stanley Road. The keynote speaker will be Sgt. Maj. Jose Lopez of U.S. Army South. Hispanic Heritage Month will be celebrated Sept. 15 through Oct. 15. The theme is "Hispanic Americans: Making a Difference in Our Communities and Our Nation."

Vet Clinic to offer evening immunizations, Sept. 20



The Fort Sam Houston Veterinary Clinic announces evening Vaccination Clinic for dogs and cats on Monday, Sept. 20 from 4 to 8 p.m. by appointment only. In accordance with Army Regulation 40-905, legal owners must be present with a valid DEERS Identification Card to receive services for their pets, or agent must present power of attorney and copy of owner's ID Card. For more information and to schedule an appointment, call 295-4260.

Unpaid debts can impact your military career

An unfortunate, recurring problem facing our service members is the daunting task of paying off large amounts of debt and dealing with relentless creditors. This article provides some information on how to deal with creditors and protecting your rights.

First, make sure the debt is legitimate and that it belongs to you. Get copies of your credit report from the three major credit bureaus: Experian, TransUnion, and Equifax. Keep in mind that if a company denies extending you credit based on your credit history, or if a creditor adds negative information to your credit record, you may request a free copy of your credit report within 60 days under the Fair Credit Reporting Act or "FCRA".

Second, if the debt is yours, pay it! Service members have an obligation to pay just debts under DoD Directive 1344.9 and their specific service regulations. Failure to pay just debts not only affects your credit history but can severely impact your military career with respect to promotions, security clearance, and other administrative actions. Also, failure to pay just debts may lead to disciplinary action, including punishment under the UCMJ. A consumer having difficulty paying a debt can contact the creditor before the bill goes to a collector, and sometimes the creditor will refinance or otherwise modify the agreement rather than pay a debt collector. If the debt is already in collection, or

you are unable to modify the agreement, you do have certain rights under the FCRA, Fair Debt Collection Procedures Act or "FDCPA," and state law. It is best to take care of debt issues immediately. The longer you wait, the worse this problem usually becomes.

Don't pay extra

It is unlawful for a debt collector to attempt to collect more than the amount originally agreed upon – whether the agreement was in writing or not. However, the debt may be increased by the addition of attorney's fees, investigation fees, service fees, collection fees, or other charges if a written contract authorizes the additional charges.

If you disagree

If you dispute an item in the file a debt collector has on you, you should give the debt collector written notice. The debt collector must provide you with the necessary forms for the written notice, and must help you fill out the forms if you request it. The debt collector has 30 days after receiving your written request to determine whether or not the disputed item is correct. If it is incorrect, it must be corrected. The debt collector must notify anyone who has already received a report containing the incorrect item. If, at the end of 30 days, the debt collector has not been able to determine whether the item is correct or not, he or she must make the change you requested and notify anyone who received a report

containing the incorrect item. If it is later determined that the item was correct after all, you must be notified and collection efforts may be continued.

Harassment is prohibited

Federal and state laws prohibit the use of harassment and abusive collection tactics. It is illegal for any debt collector to:

- Threaten violence or other criminal acts;

- Use profane or obscene language;

- Falsely accuse the consumer of fraud or other crimes;

- Threaten arrest of the consumer, or repossession or other seizure of property without proper court proceedings;

- Use the telephone to harass debtors by calling anonymously or making repeated or continuous calls;

- Make collect telephone calls without disclosing the true name of the caller before the charges are accepted.

If you are being subjected to harassing, abusive, or fraudulent debt collection tactics by professional debt collectors, and you want them to stop calling you, notify the collector in writing and demand that all future communications be conducted in writing. Keep a copy of your letter and send the original to the debt collector by certified mail.

Fraud and Deception are Illegal

The use of fraudulent or deceptive practices is also prohibited, including:

- Using a false name or identification;

- Misrepresenting the amount of the debt or its judicial status;

- Sending documents to a debtor that falsely appear to be from a court or other official agency;

- Failing to identify who holds the debt;

- Misrepresenting the nature of the services rendered by the collection agency or the collector;

- Falsely representing that the collector has information or something of value in order to discover information about the consumer.

Your home and wages are protected

Some collectors will threaten to foreclose on homesteads or to garnish wages. In Texas, a homestead cannot be taken to pay a debt except for debts taken for the purchase of the home, for home improvements, for home equity loans, homeowner association dues, or to pay certain taxes. Wages may be garnished to pay court-ordered child support, back taxes, and defaulted student loans.

Violators can be penalized

Violators of the FCRA, FDCPA, and Texas Debt Collection Act are subject to criminal and civil penalties. Consumers who think they have been harassed or deceived may seek injunctions and damages against debt collectors. These actions are also violations of the Federal Trade Commissions Act

and Texas Deceptive Trade Practices/Consumer Protection Act, which give the Federal Trade Commission and the Texas Attorney General authority to take action in the public interest.

Conclusion

Don't try to run from your debts. They are an issue that you must deal with promptly because they will follow you and your credit report for many years down the road. The negative effects of unpaid debt can destroy your life, not only as a private citizen but also as a service member. If you have debts that need to be paid, get help. Contact the Army Community Service Center or the Legal Assistance Office.

Note that information contained in this article is general in nature and does not constitute legal advice. See a Legal Assistance Attorney or contact 221-2282 for further information or for specific legal questions.

Want to reduce your credit debt?



If your answer is yes, we have good news for you. The Army Community Service Financial Readiness Program provides a service that can help. For more information, call 221-1612.

Homeowners be aware of the Homestead Designation scam

By Capt. Marlin Paschal
Legal Assistance Office

According to the Better Business Bureau, a few years ago, homeowners started receiving mailers from a company called State Recording Service. These mailers had the appearance of an official document and consumers could easily mistake these documents as state notification. In fact, many paid the \$25 fee for the company's services, which simply gave the homeowner's home the designation of homestead.

This company is based in Arizona but has a private mail drop and return address in the Texas Capitol. In recent years, the company

was forced to alter its method of business after the Attorney General of Texas won a judgment in which it claimed the company was trying to pass itself off as a government agency. However, consumers should note, that the company has merely "altered," not discontinued its misleading practices.

As of late, the company has continued to send out notices to consumers. The revised notice says that there are no records that a homestead designation has been filed for the homeowner's property. It goes on to note that the company will prepare these documents for the consumer. Also, instead of a \$25 filing fee, the company now charges \$35 for its services.

But, the real catch, according to the Harris

County Appraisal District, is that most homeowners do not even need to file the form, unless they are being sued. Furthermore, most owners will eventually get the designation for free because of recent changes in the law.

Notices issued from this company indicate that it is not a state agency. However, reports to the BBB indicate that many consumers are misled into believing this company is a commercial business under state contract, but this is not the case.

However, if you feel a need to protect your home from potential creditors, you can easily file for a homestead designation on your own through the circuit court.

Otherwise, you can simply wait until the

designation automatically appears around ten months after you have applied and received the homestead tax exemption.

For more information on the Texas Homestead designation visit the following Web site at

[p://www.trgc.com/center/txhomestead.htm](http://www.trgc.com/center/txhomestead.htm). If you need information on the Homestead Tax Exemption visit the Texas State Comptroller Web site at <http://www.window.state.tx.us/taxinfo/proptax/exmptns.html>.

The information contained in this article is general in nature and does not constitute legal advice. See a Legal Assistance Attorney or contact 221-2282 for further information or for specific legal questions.

Agencies help make smooth transition to local area

By Capt. Kristen Hollering
Legal Assistance Office

In order to make the transition to Fort Sam Houston less hectic and confusing, the following list was put together to assist in the transition process. Many of the following agencies can provide a wealth of useful information to assist those in the moving process to the greater San Antonio area.

Buying a Home: The Bureau of Housing and Urban Development is the federal government's agency to assist those

in purchasing a home. This agency and its Web site offers information to those who are purchasing a new home or for those who are looking to build their own home. HUD further provides information for those who need home financing and other key information before purchasing a home. Keep this site in mind when in the market, as buying a home is a major investment. For general housing information visit the HUD Web site at <http://www.hud.gov/>, and for more specific buying information visit HUD's homebuyer's guide at

<http://www.hud.gov/buying/index.cfm>.

Vehicle Registration:

Registering your vehicle in Texas can be a simple process by bringing the following information along with you. If you live within Bexar County, and plan on becoming a Texas resident, state law requires you to register and title your vehicle in the state of Texas. Your automobile or other type of motor vehicle can be registered at the Bexar County Tax Assessor-Collector's office, which has four different locations in the San Antonio area.

In order to register your vehicle in Bexar County, you will need to bring a valid driver's license, proof of insurance, the title or registration for the vehicle, and an inspection receipt that indicates you have had the vehicle properly inspected prior to registration. You may obtain a vehicle inspection at most businesses that perform oil changes. The fee for this service is roughly \$15 to \$20.

The first-time cost for registering a vehicle in Bexar County is comprised of three separate fees: a \$90 sales tax fee; a \$33

application fee; and a registration fee for the vehicle, which is based upon the year of the vehicle. For vehicles 1998 and older, the registration fee is \$54.30, for 1999-2001, \$64.30, and for 2002 and newer, \$72.30. The registration fee for trucks is based upon the gross weight of the vehicle. The minimum registration fee for a truck is \$52.16.

If you are not registering your vehicle for the first time in Bexar County and are only renewing, only the registration fee will be charged. The same registration procedure applies for vehicles that were purchased overseas.

Army Community

Service: Fort Sam Houston's Army Community Service, located on Stanley Road provides a variety of services for Soldiers and their families. ACS's "Lending Closet" loans many common household items on a 30-day basis, which can be renewed, for those who are in need, or for those who have not yet received their household goods shipment. Items that ACS can provide include pots, pans, dishes, silverware, coffee makers, irons, ironing beds, toasters, blankets, cots, futons, porto-cribs with pads, car seats, booster seats, and strollers. ACS also offers budget counseling on an appointment basis and registration for child-care on Fort Sam Houston.

The information contained in this article is general in nature and should not be construed as legal advice. For more information, contact the above agencies directly.

McGruff's Says . . .



McGruff here...I would like to talk to you about crime on Fort Sam Houston.

First, there has been an increase in thefts at Brooke Army Medical Center. Since

June, there have been 12 reported larcenies, most of which have occurred on the second and third floors. Seventy-four percent of these thefts were items that were left unsecured. Seven larcenies were reported in barracks buildings in August, and again, most of the items were not secured.

Make sure you secure your valuables in a locked wall locker, desk drawer, or other secured area. It only takes a few seconds to walk away with your property!

Secondly, there has been an increase in damage to private property. Last month, there were 10 reported cases of vehicles being damaged while they were parked in parking lots. If you see someone acting suspicious in the parking lot, please call the Military Police at 221-2222.

Police patrols have issued several hundred "McGruff" tickets

in the last few months – all of these were for vehicles, mostly government vehicles, left unlocked or with the windows rolled down.

Don't make it easy for thieves to steal your belongings! Lock all vehicles and don't leave valuable items in the vehicle where they can be seen.

Lastly, police are still finding many buildings with doors unlocked or windows left open. Since January, 154 buildings have been found unsecured.

Remember, when you are leaving the building for the night, make sure all windows and doors are closed and locked.

As a reminder, Fort Sam Houston Regulation 190-13, paragraph 10b., states that directors, staff office chiefs, or organizational commanders will provide the PMO

written notification of the initial assignment of Real Property Building Managers, their alternates or POCs, in memorandum format, to include facility number, and present utilization. This memorandum will be used solely by the military police to contact appropriate personnel in the event a building or facility is found unsecured.

The regulation also states, in paragraph 10c, that it is the responsibility of the RPBM to ensure FSH Poster 42,

Notification of Military Police, is posted on the exterior entrances of their respective buildings/facilities.

Until next time, stay safe and secure!



McGruff

Antiterrorism Awareness

For your security, consider the following when parking your car:

- Always lock your car
- Don't leave your car on the street overnight, if possible
- Never get out without checking for suspicious persons - if in doubt, drive away
- Leave only the ignition key with parking attendants
- Don't leave garage doors open or unlocked
- Use a remote garage door opener if available - enter and exit your car in a closed garage

POC is Terri Stover, FSH Antiterrorism Office, 295-0535

Medical community bids farewell to Fretwell family



Brig. Gen. Daniel Perugini, commander, Army Medical Department Center and School and Fort Sam Houston presents the Legion of Merit award to Col. L. Darwin Fretwell as Connie Fretwell looks on at the change of responsibility and retirement ceremony held at the post flagpole on Sept. 1. Fretwell also received the Presidential Certificate of Appreciation.



(Above) Connie Fretwell accepts the Medical Command Dr. Mary E. Walker Award from Brig. Gen. Daniel Perugini for her outstanding military volunteerism that improved quality of life for soldiers and their families. Fretwell also received the Army Commander's Award for Public Service and the Department of the Army Certificate of Appreciation.



(Left) Following the retreat ceremony, Brig. Gen. Daniel Perugini presents the flag of the United States of America flown over Fort Sam Houston, to Col. L. Darwin Fretwell in honor of his 31 years of service and retirement from the United States Army.



Col. David Maness, his wife Rose Marie and son J.D., pose for a family picture following the change of responsibility held at the post flagpole.



**Photos by
Esther Garcia**

The 187th and the 232nd Medical Battalions, Academy Battalion and assigned companies conduct an Honor Medic ceremony in honor of outgoing Dean and Commandant Col. L. Darwin Fretwell and welcoming Col. David Maness as the new Dean for the Academy of Health Sciences.



Soldiers assigned to the 32nd Medical Brigade lower the flag following the retreat ceremony.



Sgt. 1st Class Shawn Firch leads the Army Medical Command Band as they perform patriotic music during the change of responsibility and retirement for Col. L. Darwin Fretwell.

Rain showers challenge 23rd Annual Guadalupe Street Parade participants



From left, Tech. Sgt. Kevin Fulcher from Brooks City Base, Staff Sgt. Tiffani Siejka, Air Intelligence Agency, 1st Lt. Amanda Kitchen, Randolph Air Force Base, Staff Sgt. Edward Castro, Fort Sam Houston and Tech. Sgt. Maggie Silva, Lackland Air Force Base ride on the military float at the 23rd Annual Guadalupe Street Parade held Sept. 4 in San Antonio which officially begins the 2004 "Diez Y Seis de Septiembre" celebration. The theme for this year's celebration is "Celebrating 25 years of Working Together for a Better Tomorrow." The celebration commemorates the independence of Mexico from Spain. After serving mass on the morning of Sept. 16, 1810, Padre Hidalgo, known as the "Father of Mexican Independence," made his famous "Grito De Delores" speech. Thousands of supporters followed Hidalgo on a march that led to final independence from Spain in 1821.



Mario Lopez, who starred in a popular TV show named "Save by the Bell", takes time to pose with the military ambassadors prior to the parade. Lopez was the grand marshal for the parade.



With the threat of rain disappearing, Pvt. Natasha Robertson, driver of the HMMWV and Spc. Mario Lara, 418th Medical Logistics Company with BOSS members enjoy themselves at the 23rd Annual Guadalupe Street Parade.



Members of BOSS wave to the crowd during the 23rd Annual Guadalupe Street Parade held Saturday. Sgt. Bryant Herndon assisted by Spc. Kim Stephenson, 591st Medical Logistics Company, drives the HMMWV.



Members of the Better Opportunities for Single Soldiers Staff Sgt. Micaela Reyes, Staff Sgt. Roland Wilson, Staff Sgt. Keith Blackmon, Staff Sgt. Edward Castro, Staff Sgt. Shirley Malone, Spc. Micah Hatch, Pfc. Mossaab Benhammou join Pvt. Natasha Robertson and Sgt. Mario Lara, 418th Medical Logistics Company, and Spc. Kim Stephenson and Sgt. Bryant Herndon, 591st Medical Logistics Company, participate in the parade riding in HMMWVs.

Photos by Esther Garcia

Collective Protestant Outdoor Service

Sunday, Sept. 12, 8 – 9 a.m.

Main Post (Gift) Chapel



Join us in Celebration of Christ Our Lord
Singing and Preaching of the Word
Breakfast follows

Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip, or chew. Become one of our graduates and earn your "wings".



Health Promotion Center
Ward 3 West, BAMC
916-3352 or 916-5538

Give back to your country! Vote!

By Sgt. 1st Class Dina A. Pang-Smith
187th Med. Bn. Voting Assistance Officer

The general elections are 58 days away. On Nov. 2, we will be voting to elect the president, vice president, 34 U.S. senators, the entire U.S. House of Representatives, 13 state governors, and hundreds of local officials. The outcome of these elections will shape the nation's future.

As Soldiers, we defend democracy and freedom all around the world. We need to exercise our rights by voting. Every Soldier has the opportunity to vote regardless of how far away they are from home. Voting is a privilege and responsibility of every U.S. citizen. Deadlines vary from state to state, but voters should have their applications submitted to their county's election registrar by Sept. 15.

Voters can find Absentee Voter registration information by state on the Federal Voting



Courtesy photo

Sgt. 1st Class Dina A. Pang-Smith (right), the 187th Medical Battalion Voting Assistance Officer, helps a member of the Protestant Women of the Chapel register during a weekly meeting at Dodd Chapel.

Assistance Web site: www.fvap.gov. For voters in Texas counties, information can be found at Texas Web site at <http://www.sos.state.tx.us>.

Additional information on voting assistance is available at: www.registerandvote2004.org or Elections Information: www.stateofthevote.org



What is PWOC?

The Post Women of the Chapel is a way for women to fellowship and learn about God with fellow believers. Bible studies that are currently being conducted include: "Experiencing God," by Henry Blackaby; "Five Love Languages of Children/Teens/Spouses," by Gary Chapman; "Battlefield of the Mind," by Joyce Meyer; Job by Charles Swindoll; That The World May Know (A video series) and "Celebration of Discipline," by Richard Foster.

The Protestant Women of the Chapel meet every Wednesday from 9:30 to 11:30 am. For more information, call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295.

Post Worship Schedule

Main Post Chapel, Bldg. 2200, phone number: (210) 221-2754.

Catholic Services:

- 4:45-5:15 p.m. - Confessions - Saturdays
- 5:30 p.m. - Mass - Saturdays
- 9:30 a.m. - Mass - Sundays
- 11:30 a.m. - Mass - Weekdays

Protestant Services - Sundays:

- 8 a.m. - Traditional Protestant
- 11 a.m. - Traditional Protestant

Jewish Services: phone numbers: (210) 379-8666 or 493-6660.

- Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



Dodd Field Chapel, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

Catholic Services - Sundays: 12:30 p.m. - Bilingual Mass

Protestant Services:

- 5:30 p.m. - Contemporary Protestant - Sundays
- 10:30 a.m. - Collective Gospel Protestant - Sundays

9:30-11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, childcare is provided

AMEDD Regimental Chapel, Bldg. 1398, phone number: (210) 221-4362.

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Medical Bde. Soldiers

Troop Protestant Gospel Services:

Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

9 a.m. - 32nd Medical Bde. Soldiers



FSH Mosque, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.

1:30 p.m. - Jumma - Fridays

10:30 a.m. - Children's Religious Education - Sundays

7:30 p.m. - Adult Religious Education - Thursdays

Brooke Army Medical Center Chapel, Bldg. 3600, phone number: (210) 916-1105.

Catholic Services:

- 8:30 a.m. - Mass - Sundays
- 11:15 a.m. - Mass - Sundays
- 11 a.m. - Mass - Weekdays

Protestant Services:

- 10 a.m. - Worship Service - Sundays
- Noon - Worship - Wednesdays



232nd Medical Battalion Classroom, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:** 10:30 a.m. - Sundays

Web site: www.cs.amedd.army.mil/chaplain

FSH Jewish Congregation High Holy Day Services

September

Service	Day/Date	Time
Rosh Hashanah	Wed., 15	8 p.m.
Rosh Hashanah	Thurs., 16	9 a.m.
Rosh Hashanah	Thurs., 16	8 p.m.
Rosh Hashanah	Fri., 17	9 a.m.
Rosh Hashanah	Fri., 17	8 p.m.
Kol Nidre	Fri., 24	7:30 p.m.
Yom Kippur	Sat., 25	9 a.m.
Break-the-fast	Sat., 25	8:30 p.m.

Rosh Hashanah service will be held at the Main Post Chapel, Bldg. 2200 on Wilson Ave.

Kol Nidre and Yom Kippur Services will be held at Dodd Field Chapel, Bldg. 1721, off Winans Road, near Cole High School.

For more information, call 493-6660, 379-8666 or 385-8666.

Officers' Christian Fellowship Bible study begins Sept. 10

Join fellow officers for Bible study at 1008 Gorgas Circle, Fort Sam Houston on the following in the fall:

- Sept. 10, 17, 24
- Oct. 8, 15, 29
- Nov. 12, 19
- Dec. 3, 10, 17

Supper begins at 6 p.m. and study at 7 p.m.

For information, contact Lt. Col. Griffith at 226-1295 or rgriffith3@satx.rr.com or Chaplain Schlichter at 221-1698 or david.schlichter@cen.amedd.army.mil

September Interfaith Calendar

- 12 Lailat al Miraj - Islam (Islamic observance of Mohammed's night journey from Mecca to Jerusalem and his ascension to heaven.)

- 16-17 Rosh Hashanah * - Jewish (Jewish New Year, a time of introspection, abstinence, prayer and penitence. The story of Abraham is read, the ram's horn is sounded, and special foods are prepared and shared.)

- 18 Ganesh Chaturthi ** - Hindu (A Hindu festival honoring the god of prosperity, prudence and success. Images of Ganesa are worshipped.)

- 21 Fall Equinox - Wicca (Wicca observance of the change of seasons.)

- 25 Yom Kippur * - Jewish (Jewish Day of Atonement. This holiest day of the Jewish year is observed with strict fasting and ceremonial repentance.)

- 30 Lailat al Bara'ah - Islam (Islamic Night of Forgiveness. (A night of prayer to Allah for forgiveness of the dead. Preparation for Ramadan through intense prayer.)

- 30 Sukkot begins * - Jewish (Jewish Feast of Tabernacles which celebrates the harvest and the protection of the people of Israel as they wandered in the wilderness dwelling in tents.)

MWR Recreation and Fitness

Silver Stars Tickets – Free tickets to the Silver Stars vs. Washington Mystics, WNBA game, Sept. 15 are available. Game time is 8 p.m. Pick up free tickets at the Roadrunner Community Center, the Bowling Center or Main Library. For more information, call 221-2307.

Outdoor Equipment Center Archery Range New Hours - The Archery Shop, located in the Outdoor Equipment Center has extended its hours. It is open Tuesdays and Thursdays from 1-6 p.m.; on Wednesdays and Fridays from 1-5 p.m.; and on Saturdays by appointment. The archery shop sells tuning equipment and archery targets. An indoor archery range is also located in the Outdoor Equipment Center for practice. The range is open Tuesdays and Thursdays from 8 a.m. to 6 p.m.; Wednesdays and Fridays from 8 a.m.-5 p.m.; and on Saturdays by appointment. For information, call 221-5224.

BAMC Flag Football team wins pre-season championship
The Brooke Army Medical Center flag football team won the pre-season flag football

championship held Aug. 21 and 22 beating Academy Battalion. Academy Battalion went undefeated until they met BAMC in the championship game. BAMC had to beat the Academy team twice to win the championship. In the first game BAMC won in overtime by a score of 20 to 18, thus forcing the deciding game, which BAMC won 14 to 12 to claim the pre-season flag football championship.

Army Dillo Half Marathon – Sign-up now for the Army Dillo Half Marathon, Sunday, Sept. 26. Registration fees are \$30 for teams, \$25 for individual until Sept. 22. After Sept. 22, \$40 for teams, \$35 for individual. Race day registration begins at 6 a.m. The race starts at 7 a.m. from the Brigade Gym. Download a registration form online at www.fortsamhoustonmwr.com or pick one up from the Jimmy Brought Fitness Center.

Hunter Education Class – In accordance with new Army regulations, every person hunting on Army land is required to successfully complete a hunter education course. This require-

ment will become mandatory at Camp Bullis for the 2005 Hunting Season. The next class will be conducted Sept. 21-24, 6 - 10 p.m. at Bldg. 2618, new Veterinary building located next to the gas station and across from the Auto Craft shop. For information or to register, call Staff Sgt. William Hickman at 221-7640 or 641-7878. Dates for classes in 2005 will be published on the Web site www.fortsamhoustonmwr.com, early next year.

Aerobathon Sept. 18 – Get moving for three hours of non-stop fun including step moves, abs and low impact aerobics. The next aerobathon will be held Sept. 18, 9 a.m. - noon at the Jimmy Brought Fitness Center. Cost is \$10 and participants will receive a T-shirt.

AC Service Available – The Auto Craft shop, located at the corner of Schofield Rd. and Funston Rd., offers air-conditioned service for your vehicle for just \$30 plus the cost of Freon and a \$2 environmental fee. We carry R-12 and 134A refrigerants. The Auto Craft

Shop is open Wednesday – Friday, 1 - 9 p.m. Saturday and Sunday from 9 a.m. - 5 p.m. For information, call 221-3962.

Equipment Rentals – The Outdoor Equipment Center now has softball and flag football kits available for rent. Attention hunters: Hunting season is fast approaching and we now have targets for sale. Visit the center at Bldg. 1111, Forage Ave. Monday-Friday, 8 a.m.-5 p.m. or call 221-5224. A full listing of available equipment is also online at

www.fortsamhoustonmwr.com.
60 Days of Fitness – A motivating fitness and weight loss program designed to help lose 15 pounds in 60 days using a point system. This self-paced program requires a workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. Participants will also attend two 30-minute weight loss classes. Cost is \$20, which includes a T-shirt. For information, call Lucian Kimble at 221-2020.



FT Sam Houston NCO Club

September 2004

Monday Tuesday Wednesday Thursday Friday

<p>Lunch is served from 11:00 A.M. - 1:00 P.M. ALL YOU CAN EAT BUFFET \$5.95/\$4.95 for Club Members Includes: Beverage, Soup & Dessert</p>	<p>1 Southern Food Fried Catfish Cajun Pork Chops</p>	<p>2</p>	<p>3 Fish Fry Fried Fish Baked Fish Gumbo Chef's Special</p>	<p>4</p>
Club Closed Every Monday	<p>6 GOLDEN FRIED CHICKEN Baked Ham with Pineapple Sauce Chef's Special</p>	<p>7 GOLDEN FRIED CHICKEN Baked Chicken</p>	<p>8 Too Hot For Your Mama - Chicken (Mild Avail) Spicy Beef</p>	<p>9 FRIED CHICKEN/BBQ RIBS</p>
	<p>13 GOLDEN FRIED CHICKEN Baked Chicken</p>	<p>14 GOLDEN FRIED CHICKEN Baked Chicken</p>	<p>15 CHICKEN FAJITAS BEEF ENCHILADAS TACO BAR</p>	<p>16 EVERY THURSDAY</p>
	<p>20 GOLDEN FRIED CHICKEN Meatloaf with Brown Gravy Chef's Special</p>	<p>21 GOLDEN FRIED CHICKEN Meatloaf with Brown Gravy Chef's Special</p>	<p>22 Lemon Chicken Sweet & Sour Pork Veg. Lomein egg rolls Chinese Food</p>	<p>23</p>
	<p>27 GOLDEN FRIED CHICKEN Breaded Pork Cutlet Bratwurst & Red Cabbage Chef's Special</p>	<p>28 GOLDEN FRIED CHICKEN Breaded Pork Cutlet Bratwurst & Red Cabbage Chef's Special</p>	<p>29 Italian Beef Lasagna Chicken Alfredo Spag Meatballs</p>	<p>30  224-2721</p>

FSH Golf Club fees will increase Oct. 1

In order to continue to operate at the highest standards possible along with providing customers the best possible course while meeting or exceeding the Best Business Practices for Golf Clubs established by Department of the Army, it is necessary to slightly increase our fee structure beginning Oct. 1.

The decision to increase fees is always a difficult plan and was reached by management and the Golf Advisory Board after carefully reviewing all alternatives. The last increase was October 1, 2002.

During the current fiscal year, which began October 1, 2003, some \$265,000 has been spent on capital improvements such as golf carts, mowing equipment, dining room tables, chairs and kitchen equipment. Within the next several weeks, \$100,000 will be spent and work will be done by an outside contractor enhancing the condition of our trees around the greens and tees on both courses. The markings on the trees: red for removal, yellow for pruning and white for root cutting, came at the recommendation of a recent visit by the USGA Agronomy Section, and is expected to improve

turf conditions in those areas. You are our valued guest and we look forward to continue to improve our services to you. Below is the new fee schedule which will begin Oct. 1.

For more information, call 222-9386.

Fort Sam Houston Golf Club		
Effective October 1, 2004		
Annual Fees	<i>Single</i>	<i>Family</i>
Per Month	<i>Per Month</i>	<i>Per Month</i>
E-1 thru E-6	\$35.00	\$50.00
E-7 thru E-9	\$49.00	\$69.00
Officers	\$60.00	\$80.00
DoD Civilians	\$60.00	\$80.00
Civilians	\$38.00	\$40.00
Daily Green Fees	<i>Weekdays</i>	<i>Weekends & Holidays</i>
E-1 thru E-6	\$10.00	\$12.00
E-7 thru E-9	\$15.00	\$16.00
Officers	\$16.00	\$17.00
DoD Civilians	\$21.00	\$23.00
Civilians	\$23.00	\$25.00
Twilight Green Fees	<i>Weekdays</i>	<i>Weekends & Holidays</i>
E-1 thru E-6	\$6.50	\$7.50
E-7 thru E-9	\$9.50	\$10.00
Officers	\$10.00	\$10.50
DoD Civilians	\$13.00	\$14.50
Civilians	\$15.00	\$16.50
Daily Cart Rentals		
9 holes (2 people)	\$12.00	Driving Range Bucket \$2.00
18 holes (2 people)	\$24.00	50 Bucket Chip \$75.00
9 holes (1 person)	\$8.00	30 Bucket Chip \$50.00
18 holes (1 person)	\$12.00	20 Bucket Chip \$35.00
Trail Fees (18 holes)	\$5.00	
Trail Fees (9 holes)	\$2.50	
		Rental Clubs
		\$8.00
		*Twilight begins at 1:30 everyday



Fort Sam Houston Officers' Club

September 2004

Lunch is served from 11:00 A.M. TO 1:00 P.M.
LUNCH BUFFET
\$5.95/\$4.95 for Club Members

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Need a room for your guests? Call 224-4211 \$45.00/night 10 suites available</p>	<p>LABOR DAY Club Closed</p>	<p>GOLDEN FRIED CHICKEN Sliced Roast Beef Chef's Special</p>	<p>1 Gary's Smokehouse Ribs Hearty Beef Stew Chef's Special</p>	<p>2 MEXICAN FOODS Cheese Enchiladas Roast Pork Joe's Beans</p>	<p>3 Training Holiday Club Closed</p>	<p>4</p>
<p>5 Sunday Brunch 1000-1330</p>	<p>6 LABOR DAY Club Closed</p>	<p>7 GOLDEN FRIED CHICKEN Sliced Roast Beef Chef's Special</p>	<p>8 Gary's Smokehouse Ham & Cheese Casserole Chef's Special</p>	<p>9 MEXICAN FOODS Tamales w/chili Baked Chicken & Dressing Joe's Beans</p>	<p>10 Fish Fry Southern Fried Fish Sweedish Meatballs TGIF 4 p.m. - 7 p.m.</p>	<p>11 <i>The Club is open for special functions only</i></p>
<p>12 Club Closed</p>	<p>13 Cabbage Rolls Chicken Stir Fry w/Rice Chef's Special</p>	<p>14 GOLDEN FRIED CHICKEN Shrimp Creole Chef's Special</p>	<p>15 Gary's Smokehouse Ribs Country Fried Steak Chef's Special</p>	<p>16 MEXICAN FOODS Chicken Fajitas Sausage & Cabbage Joe's Beans</p>	<p>17 Fish Fry Southern Fried Fish Smothered Steak TGIF 4 p.m. - 7 p.m.</p>	<p>18</p>
<p>19 Sunday Brunch 1000-1330</p>	<p>20 BBQ Pork Chops Chicken Cacciatore Chef's Special</p>	<p>21 GOLDEN FRIED CHICKEN Beef Stroganoff w/ Noodles Chef's Special</p>	<p>22 Gary's Smokehouse Ribs Chicken Pot Pie Chef's Special</p>	<p>23 MEXICAN FOODS Crispy Beef Tacos Turkey Tetrazzini Joe's Beans</p>	<p>24 Fish Fry Southern Fried Fish Chicken Marengo TGIF 4 p.m. - 7 p.m.</p>	<p>25</p>
<p>26 Club Closed</p>	<p>27 Sweet & Sour Chicken Breasts Breaded Pork Cutlet Chef's Special</p>	<p>28 GOLDEN FRIED CHICKEN Beef Pot Roast Chef's Special</p>	<p>29 Gary's Smokehouse Ribs Chicken Coq auvin Chef's Special</p>	<p>30 MEXICAN FOODS Came Guisada Honey Baked Ham Joe's Beans</p>	<p>31  224-4211</p>	<p>32</p>

Child and Youth Services news



full day care at the Child Development Center, check your status on the wait list from the day you complete the form; otherwise your child's name will be purged from the list. To check your status, call Central Registration at 221-4871 or 221-1723.

3-Day Part Day Preschool Program CYs is surveying interest for a 2-day Part Day Preschool Program. Call Central Registration to put your child's name on the list. Fees will be based on Total Family Income.

Family Child Care (FCC) offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. For more information, call 221-3820 or 221-3828.

CYS Parent Advisory Council (PAC) meeting will be held Sept. 21, 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funston. Lunch will be provided. This is the CYs parents' opportunity to learn of upcoming events, meet the staff and address any concerns.

Parent Child Incorporated (PCI) Headstart program is currently taking applications. PCI/Headstart is a federally funded program that provides free childcare for parents who meet the federal poverty guidelines. For information and eligibility, call 221-3788 or 221-3835.

CDC Categories
Effective Oct. 1, fee structure at the CDC will be as follows:
Category I- \$196 from \$181; Category II- \$295 from \$290; Category III- \$349 from \$346; Category IV- \$404 from \$393; Category V- \$462 from \$454 and

Category VI- \$522 (no change). Hourly care will be \$2.50 an hour for patrons in Category I and \$3.50 an hour for Category II through VI. CDC's fee structure is based on Department of Defense policy and must be implemented consistently within and across Installation Management Agency Regions. This ensures consistency and predictability of CYs fee structure and procedures for Army patrons as they move from installation to installation and Region to Region.

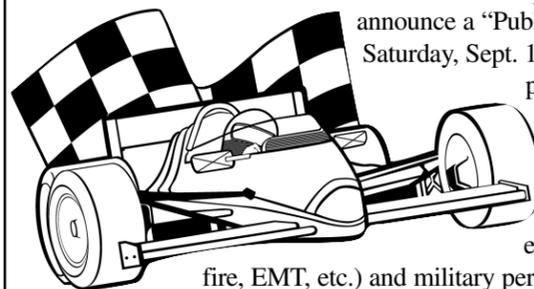
The Child Development Center has full day immediate openings for ages 3 to 5 years. To register call Central Registration at 221-4871 or 221-1723.

Child Development Center Waiting List - If your child's name is on the Wait List for

Instructional Classes - If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For babysitter training or information, call 221-4871 or 221-1723.

School Age Services (Kindergarten - 5th grade) offers After School and Weekend Open Recreation (Open recreation available to children in 1st - 5th grade) opportunities and After School Hourly Care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

San Antonio Speedway announces: "PUBLIC SAFETY NIGHT"



San Antonio Speedway is proud to announce a "Public Safety Night" on Saturday, Sept. 11. To honor our vital public servants on this historic date, San Antonio Speedway is inviting all emergency services workers (law enforcement,

fire, EMT, etc.) and military personnel to spend an entertaining evening at a NASCAR stock-car race, free of charge, on Sept. 11. Not only will all emergency workers and military personnel (active and reserves) be admitted free just by showing their ID, but they'll also be able to bring along their families at half-off the Speedway's regular low-ticket prices of \$10 for adults and \$3 for kids' ages 7-11. Children six-years-old and under will be admitted free. Parking is free.

"We feel it's especially important to pay tribute to these dedicated people who make our community safer by deterring crime, protecting against fires, responding to disasters, defending our county and even safeguarding us against terrorist activities," said San Antonio Speedway General Manager, Mike Sepich. He added, "We hope to have a good number of public safety personnel on hand to thank and honor."

On Sept. 11, the NASCAR Dodge Weekly Series will feature the NASCAR Late Model, Sportsman, Road Runner and Women on Wheels classes. San Antonio Speedway is a NASCAR sanctioned half-mile asphalt oval track located at 14901 State Highway 16 South (3.5 miles outside Loop 410). Grandstand gates open at 5 p.m. for this event, opening ceremonies take place at 7:45 p.m., and the racing action starts at 8 p.m. Visit the San Antonio Speedway Web Site at www.sanantoniосpeedway.com for more information.

Que Pasa?



able and requires no surgery, leaves virtually no scar and allows most patients to resume normal activities within days. For more information or to schedule an evaluation, call Maj. (Dr.) George Leon or Lt. Col. David Condie at 2-7839.

BAMC seeks volunteers for 'Partners in Healing'

Brooke Army Medical Center is looking for active and upbeat volunteers to be "Partners in Healing." BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer's skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

U.S. Army seeks Warrant Officer candidates

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors, and Airman to fill its Warrant Officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms/documents required to apply, visit the Web site: www.usarec.army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

SHARE seeks host families for international students

SHARE is looking for host families for international exchange students for the upcoming school year. The students speak English; are covered by medical insurance and have spending money for their personal expenses. Host families provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life.

Traditional two-parent families (with or without children), single parents or adults, and retired couples have enjoyed hosting one of our bright students. For information, call Yvette Coffman at 1-800-941-ERDT (3738) or visit www.share-southwest.org.

Cultural Homestay International seeks host families

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit www.chinet.org.

Education

San Antonio Area Council of HEP to host training seminar, Oct. 7

San Antonio Area Council of Hispanic Employment Program Managers will host a Training Seminar "Future Changes Impacting the Hispanic Workforce" on Oct. 7, 8:30 a.m. to 4:30 p.m. in the Radisson Hotel, 502 W. Durango. Keynote Speaker will be Paige Hinkle, National Security Personnel Systems (NSPS). Seminar topics will include: Changing Government: NSPS; EEOC: MD 715; Library of Congress: Diversity in its workforce, Defense Intelligence Agency: Our changing government; and AFPOA:

Re-engineering the Personnel System. To register, call Tina Gomez at 384-7372 or Martha Medina at 977-2897.

Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

Meetings

SACAA seeks new members

The San Antonio Caribbean American Association was formed in April, and the goal is to promote a working knowledge of the diverse and common elements of culture, the fostering of cultural awareness, the understanding, and appreciation of cultural heritage and the provision of a social atmosphere of togetherness. For information call Master Sgt. Perry at 310-0123, Cassandra Reefer at 659-9150 or Pauline Coleman 659-7258.

USAWOA - Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For information, contact CW2 Matthew Watterson at 295-8773 or at matthew.watterson@us.army.mil

Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

Community events

Comfort 150th Anniversary Jubilee Walk, Sept. 11

The Hill Country Volkssportsveren volksmarch club will host a 10-kilometer (6.2 mile) and optional 5-kilometer walk event on Sept. 11. The walk will be held in conjunction with the 150th Jubilee anniversary celebration of the founding of Comfort, Texas. For more information on the anniversary celebration go online to www.comfort-texas.com/Jubilee.htm. For information on the walk call John Bohnert at 830-995-2421 or e-mail Tina Bohnert at: tina.bohnert@comfort.txed.net.

Spicewood Vineyards Walk, Sept. 11-12

The Selma Pathfinders volksmarch club will host a 10-kilometer and optional 5-kilometer walk at the Spicewood Vineyards in Spicewood, Texas on Sept. 11-12. For more information on the walk contact Phyllis Eagan at (210) 496-1402, or e-mail milchene@juno.com, and visit the club's Web site www.geocities.com/Yosemite/Gorge/8195/.

ACASMC to host luncheon, Sept. 14

The Alamo Chapter of the American Society of Military Comptrollers invites all members and non-members to a luncheon Sept. 14, 11 a.m. to 1 p.m. The ASMC Alamo Chapter retirees will host the event. Guest speaker will be Nanette Wood, Lead MSA for AETC and AFSA-VA. Wood will be speaking on the topic of the DFAS Transformation. Join us at the Randolph Officer's Club. RSVPs to your respective ASMC VP's NLT Sept. 10. For information, call Wayne Wanner, U.S. Army Headquarters, Medical Command at (210) 221-7029.

'American Soldier' author to sign copies of book Sept. 18

Gen. Tommy Franks, former U.S. Central Command commander, will visit the Post Exchange on Saturday, Sep. 18 at 1 p.m. for approximately 90 minutes. He will sign copies of his book, "American Soldier." No photographs will be authorized. Customers standing in line should have nothing in their hands while going through the line except a copy of the book, which can be purchased at the Post Exchange.

Canyon Lake Walk, Sept. 18

The U.S. Air Force is hosting its annual Global Volksmarch 10-kilometer walks and 25-kilometer bike events at the Canyon Lake Recreation Area on Sept. 18. One walk will follow a trail over the Canyon Lake dam while the other will follow a trail along the shoreline. The bike event will cover a route near the shore

line, dam and other scenic areas. For more information on the walk and bike events call Sharon Rector at (210) 652-6508.

Officer and Civilian Spouses' Club Luncheon, Sept. 21

The Officer and Civilian Spouses' Club September Luncheon will feature San Antonio Express-News columnist Susan Yerkes. Plan to attend the OCSC luncheon on Sept. 21, 11 a.m. at the Fort Sam Houston Officers' Club where you will hear award-winning columnist Susan Yerkes speak on "San Antonio Salsa: Putting the Spice in Life." As an added attraction and a fundraising project, the OCSC will also sponsor the yearly jewelry sale in the Wainwright Room from 10 a.m. - 1:30 p.m. with jewelry from James' Jewelers of Bangkok, Thailand. For reservations, call Sigrid Reitstetter at 226-8806 by noon Sept. 17 and specify your menu choice of either a hot chicken entrée for \$12 or a cold assorted salad plate for \$11.

Flamenco Dancing class at NE Community Center

Adults and teens are welcomed to a six-week introductory class in flamenco dancing with Image Dance Company in Windsor Park Mall. Students will learn arm work, foot work and castanet playing as they learn the basics of this fiery Spanish dance. The class begins Sept. 25 at 3 p.m. For more information or to register, call North East Community Education at 657-8866 or visit the web page at www.neisd.net. Contact: Mary Fisher, 657-8866 ext. 235.

Volunteer

ASMC sponsors community service, Sept. 11

The American Society of Military Comptrollers will sponsor a community service activity Sept. 11 at Sunshine Plaza, 455 East Sunshine Drive, San Antonio. This is an assisted living apartment complex of residents who live on a fixed income and who appreciate the many services provided by ASMC members and guests. Activities begin at 9 a.m. in the main recreation room. Bring a bucket, cleaning cloths, Windex, and lots of energy. For more information, call Jane Keller at 210-536-5324 or e-mail at jane.keller@brooks.af.mil.

WHMC seeks patients with uterine fibroids

Wilford Hall Medical Center seeks patients who require treatment for pain, discomfort or bleeding caused by uterine fibroids. Uterine fibroid embolization is a minimally invasive procedure that is avail-

Fort Freebies



Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

For Sale: 2000 Nissan Maxima GXE, 33K miles, original owner, \$13,200. Call 804-1299.

loaded, one owner (non-smoker, no pets). Call (830) 709-3708.

For Sale: Weidner Cross Bow exercise machine, less than one year old, all attachments, \$120. Call 545-5634 or 833-0063. Can deliver.

For Sale: Burley bike carrier without tires, \$100; new Pottery Barn Kids pink ele-

phants crib bumper, toddler quilt, and sham \$60; wedding slip size small/medium, \$20. Call Carmen at 220-1895.

For Sale: China cabinet- oak finish, \$125. Call 590-2126.

For Rent: Split-level brick/siding home, 4 bedrooms, 2.5 baths, 2 living areas, large

kitchen, fireplace, walk-in closets and pantry, refrigerator, washer and dryer, excellent schools, available Oct. 1, \$1,295 monthly. Call Annette (210) 221-7490 or (21) 316-9793.

Free to good home: Black 3 1/2 year-old Minicher Pincher female, loves kids. Call 764-7089 or e-mail kpj800@satx.rr.com.

For Sale: Eclipse 1000 elliptical cross trainer in excellent condition, \$150. Call Marilyn at (210) 822-9491.

For Sale: 1997 RV Fifth Wheel, fully



Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.

Population Health Program Coordinator - San Antonio. Analyze AMEDD beneficiary population data to identify prevent and disease program management. Analyze and evaluate program outcomes. Design engineer identified program changes.

Ultrasound - San Antonio. AB and vascular imaging. Comprehensive knowledge of OB GYN, ABD, small parts anatomy, physiology, pathology, and physics. Facility values strong interpersonal and organizational skills. ARDMS certified or eligible.

Account Executive - San Antonio. Achieve annual territory case and EBITDA goals. Establishes product mix goals to further distribution customers. Targets key end-users to pull product through distribution. Manages all program and promotional spending with budget. Trains distributor personnel.

Semi-Annual Military Job Fair Sept. 22

The next San Antonio Military Community Job Fair will be held on Sept. 22 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road at I35 North. Local military base transition offices, the Webster University Alumni Association, the Texas Workforce Commission and the Department of Labor/VETS sponsor the fair.

More than 100 employers, recruiting for many types of positions, are expected. Employers

will be seeking potential employees for local, national and international needs. 1,000 to 2,000 military, DoD civilian employees, veterans, and family members have attended previous fairs.

Whether seeking immediate employment or gathering information for future career decisions, attendance can be beneficial. Everyone is welcome and encouraged to attend.

A new feature has been added to the job fair:

“Do you know an HMO from a POS from a PPO? Can you tell the difference between a Defined Benefit Plan and a Defined Contribution Plan? Join Phil Dyer, CFP - Benefits Expert from the Military Officers Association of America for a fast-paced 1-hour presentation on “Evaluating Employer Benefits Packages.” Get timely information on healthcare plans, retirement savings plans, fringe benefits

and negotiating tips in today’s civilian job market. Presentations will be conducted from 10:30-11:30 a.m. and 1-2 p.m. in the Rough Rider Room.

Dyer is a former military officer. He spent seven years with Pfizer Pharmaceuticals as an institutional healthcare consultant before transitioning to financial planning. He received the Certified Financial Planner® designation in 1999. Dyer specializes in comprehensive financial

planning, asset management and financial education programs. He has conducted over 100 financial education and benefits briefings for corporations, non-profit and educational institutions. He has been with the Military Officers Association since August 2003.

Additional information can be obtained from the Army Career and Alumni Program Center, 221-1213.